



FOOD SCOOP

“A Michigan Food & Nutrition Program Edition”

November, 2003

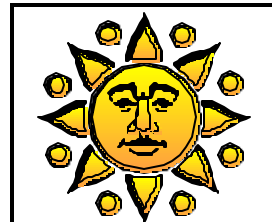
Issue No. 3

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NEED ASSISTANCE CALL:

School Meals Program	(517) 373-3347
Food Distribution	(517) 373-8642
Fiscal Reporting	(517) 373-0420
Child & Adult Care Food Program	(517) 373-7391
Fax Number	(517) 373-4022



Warehouse Survey

The Food Distribution Unit is looking for your input. Please complete the Warehouse Survey located at the back of this issue of the Food Scoop. Help us as we continue to monitor the State Contracted Warehouses – Northern Food Service and TLC. Fax your completed survey to the Michigan Department of Education, Attn: Renee Cratty at 517-373-4022. Your input and concerns are important to us.

Welcome to Jayme Priest

The Food Distribution Unit is pleased to announce the addition of Jayme Priest as our new Food Distribution Consultant. Jayme came to MDE from Columbia School District in Brooklyn, Michigan where she served as the Director of Food Services and Maintenance. Jayme has eighteen years of experience working in the school food service area. Jayme graduated from Bowling Green University in Bowling Green, Ohio with a B.S. Degree in Home Economics. She obtained her M.A. Degree in Educational Leadership from Eastern Michigan University in Ypsilanti, Michigan. Jayme has memberships in the Michigan School Food Service Association, the Michigan School Business Officials, American School Food Service Association, and has served as an Education Committee Chair for Hospital Purchasing Services. Jayme's primary

responsibility for MDE will be coordinating commodity processing contracts, working with the warehouses on inventories and on-line ordering, and working with school districts on other commodity issues. Jayme will lead the Commodity Advisory Committee and assist with commodity complaints. Jayme lives in Brooklyn, Michigan with her husband Bob. They have a son in Gilbert, Arizona and a daughter in Kalamazoo, Michigan. Welcome Jayme!!

Feel free to contact Jayme at 517-335-3792 or email at priestj@michigan.gov.

Nutrient Analysis Chart For Processed Foods

The Nutrient Analysis Chart for Commodity Processed Foods for School Year 2003/2004 is included in this issue. Please note that only current processed foods are listed on this chart. Nutrient Analysis for processed commodity foods that were discontinued this School Year can be found on the MDE web site under Food Distribution Program – Nutrient Analysis for School Year 2002/2003. If you have questions regarding any of the products, please contact Jayme Priest at 517-335-3792 or email at priestj@michigan.gov.

Non-fat Dry Milk (NFDM)

As most of you are aware, there is an abundance or surplus of Non Fat Dry Milk (NFDM) and USDA is encouraging State agencies to offer commercial foods utilizing NFDM through the commodity food distribution program. The Michigan Department of Education has contracts with two cheese companies, two pizza companies and two yogurt companies who are participating in a rebate or value pass

through program. Be sure to take advantage of the savings on various commercial products by utilizing this program. In addition, NFDM- 6/4# - will arrive in the state contracted warehouses for schools to order by the first of the year. For more information, read about the NFDM Program in this issue. For questions regarding this program, contact Marla J. Moss at 517-241-4054 or email at mossmj@michigan.gov.

1st Quarter Recipient Entitlement Report (PAL)

The 1st Quarter Planned Assistance Level (PAL) report for School Year 2003/2004 has been posted on the MDE web site under the Food Distribution Program. Remember, MDE will no longer mail this report to you. For questions regarding the PAL report, please contact Victoria Hwang at 517-373-4336 or email at hwangv@michigan.gov.

Non-fat Dry Milk (NFDM) Options in The State of Michigan

The United States Department of Agriculture (USDA) has encouraged state agencies to help utilize the over abundance of Non Fat Dry Milk (NFDM) purchased weekly to support dairy prices. Recipient Agencies (RAs) in the State of Michigan now have several options to reduce food cost by purchasing foods commercially that contain the USDA commodity NFDM. The Michigan Department of Education (MDE) has diverted NFDM for all Michigan schools to various processors. The method of receiving the value of the NFDM varies among the different processors. The following is a summary of what food service directors are required to do for each

processor listed:

Land O Lakes Cheese: Six products are available at a discount. Northern Food Service and Total Logistic Company (TLC) will both participate in this program, as well as Gordon Food Service (GFS). To participate, a food service director **must sign an addendum** with the processor and MDE. Order the product from the distributors listed above. The value of the NFDM will automatically be deducted from the cost of the cheese product. There is no need to send in a rebate form. Enjoy the savings. Contact: Bob Broise at 952-495-8175.

Schreiber – Eight products are available at a discount. Both Northern and TLC will participate in this program, as well as GFS. To participate, a food service director **must sign an addendum** with the processor and MDE. Order the product from the distributors listed above. The value of the NFDM will automatically be deducted from the cost of the cheese product. There is no need to send in a rebate form. Enjoy the savings. Contact: Mary Buckmaster at 248-426-7575.

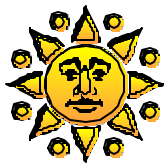
Schwan's: To participate, a food service director **must sign an addendum** with the processor and MDE. Order the product from your distributor. Food service directors must submit a copy of the invoice and the completed rebate form to Schwan's to receive the value of the NFDM. Wait for your rebate check in the mail – and enjoy the savings. (Watch for e-rebating in this school year!!) Contact: Michelle Bott at 877-508-6680, ext. 1103#.

Gilardi's – To participate, a food service director **must sign an addendum** with the processor and MDE. Order the product from your distributor. Food service directors must then submit a copy of the invoice and the completed rebate form to Gilardi's to receive the value of the NFDM. Wait

for your rebate check in the mail – and enjoy the savings. Contact: Mary Buckmaster at 248-426-7575.

General Mills Yoplait Yogurt – To participate, a food service director orders product from your distributor. Food service directors must submit a copy of the invoice and the completed rebate form to General Mills to receive the value of the NFDM. **No addendum is necessary** to participate in this state contract. Wait for your rebate check in the mail – and enjoy the savings. Contact: Maureen Otting at 800-869-2326 – x 6221.

Dannon Yogurt - To participate, a food service director **must sign an addendum** with the processor and MDE – this is not a state contract, but a master contract. Order the product from your distributor. Food service directors must submit a copy of the invoice and the completed rebate form to Dannon to receive the value of the NFDM. Wait for your rebate check in the mail – and enjoy the savings. Contact: Russ Jonker at 616-554-5857.



Food For Thought

The Adequacy of the School Lunch Period

Michigan Department of Education has received calls from various people about the adequacy of the School Lunch Period. USDA regulations require “adequate lunch periods” and define them further by “encourages schools to provide sufficient lunch periods that are long enough to

give all students enough time to be served and to eat their lunches”.

According to the National Food Service Management Institute(NFSMI), recent studies suggest that a portion of food in schools may be wasted because of inadequate time for the lunch period.

How can a School Food Service Operator address the issues related to lunch times in an effort to improve customer satisfaction and overall nutrient intake? Take a look at this excellent article published by the NFSMI for detailed information on measuring and evaluating the adequacy of the school lunch period.

<http://www.nfsmi.org/Information/Newsletters/insight12.pdf>

Let’s Talk Turkey (And Food Safety)

It’s that time of year again when thoughts of holiday meals turn to turkey!

Learn how to store, handle, and cook your holiday turkey safely this year with helpful tips from the USDA's Meat and Poultry Hotline. Each of the four "Turkey Basics" articles listed below are also available in PDF format.

"Turkey Basics: Safe Thawing"

English:

<http://www.fsis.usda.gov/OA/pubs/tbthaw.htm>

Spanish:

http://www.fsis.usda.gov/OA/pubs/tbthaw_sp.htm

"Turkey Basics: Safe Stuffing"

English:

<http://www.fsis.usda.gov/OA/pubs/tbstuff.htm>

Spanish:

http://www.fsis.usda.gov/OA/pubs/tbstuff_sp.htm

"Turkey Basics: Safe Cooking"

English:

<http://www.fsis.usda.gov/OA/pubs/tbcook.htm>

Spanish:

http://www.fsis.usda.gov/OA/pubs/tbcook_sp.htm

"Turkey Basics: Handling Precooked Dinners"

English:

<http://www.fsis.usda.gov/OA/pubs/tbtakeout.htm>

Spanish:

http://www.fsis.usda.gov/OA/pubs/tbtakeout_sp.htm

Thanksgiving Day hours for the Hotline are 8AM – 2PM, EST.

The USDA Meat and Poultry Hotline (1-888-674-6854) can answer questions about

Safe storage

Safe handling

Safe preparation

Product dating

Product content

Power outages

Got other questions about general, food safety issues? The following website has frequently asked questions about food safety from the USDA Meat and Poultry Hotline:

<http://www.fsis.usda.gov/OA/FAQ/hotlinefaqindex.htm>

For Kids – Food Safety Coloring Book

NEW on the Web! The Food Safety Mobile Coloring Book is available to download for classrooms and homes. The coloring book is

designed to teach young children the four Fight BAC!(R) messages through art! As they color, parents (or caregivers) can read about Clean, Separate, Cook, and Chill. The four characters on the Mobile are featured with messages provided by a food safety inspector.

The 16-page coloring book includes a letter to parents with Web resources, including the USDA Meat and Poultry Hotline. To download:

<http://www.fsis.usda.gov/foodsafetymobile/kit.htm>

<div>November 2003</div> <div>CALENDAR OF EVENTS</div> <div>CHILD NUTRITION PROGRAM</div>	<div>Michigan State Board of Education</div> <div>Kathleen N. Straus, President</div> <div>Sharon L. Gire, Vice President</div> <div>Michael David Warren Jr., Secretary</div> <div>Eileen L. Weiser, Treasurer</div> <div>Marianne Yared McGuire, NASBE</div> <div>Delegate</div> <div>John C. Austin</div> <div>Herbert S. Moyer</div> <div>Sharon Wise</div> <div>Thomas D. Watkins, Superintendent</div> <div>Governor Jennifer Granholm, Ex-Officio</div>
November, 2003	
10	October Monthly Claim Due
29	September Monthly Claim Deadline
December, 2003	
10	November Monthly Claim Due
30	September Monthly Claim Deadline

2004 Warehouse Survey

Northern Food Service

TLC Food Service

Circle the warehouse above that delivers your commodities. Please explain how well the warehouse is performing for your school district.

1. How can the warehouse improve communication with you?
2. Have your scheduled deliveries been arriving after 3 PM or a day later than scheduled? Circle - Yes or no
If so, when were you notified regarding the changes in delivery?
3. Do your commodities arrive in good condition?
4. Explain the training that was provided for you to complete online ordering from the warehouse this year.
5. Is your driver courteous and helpful?
6. What improvements would you like to see with your warehouse deliveries?
7. What do you like best about the delivery of your commodities?

School Food Authority Name:

School Agreement Number:

WE NEED YOUR OPINION ON THREE SEPARATE ISSUES

1. Percentage of Entitlement spending for Group A & B commodities – would you like to see a change in the spending for Group A (fruit, vegetables + meats) & Group B (grains, dairy, peanut butter + oil)?

Currently Group A spending is 70% of the Entitlement budget and Group B is 30%.

Circle the change you would recommend:

(65%-35%) or (60%-40%)

Explain the rationale for making a change.

2. Irradiated beef – would you order USDA commodity irradiated ground beef next year if it were offered through the state contracted warehouses? Yes or No

Would you buy the raw, irradiated ground beef patties? Yes or No?

If your answer is no, is there additional information that you need?

3. Farm to School - Are you interested in purchasing produce from local farmers for your school district?

If so, what specific produce items would you purchase from local farmers?

Fax Completed Survey to Renee Cratty at 517-373-4022



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING



JENNIFER M. GRANHOLM
GOVERNOR

THOMAS D. WATKINS, JR.
SUPERINTENDENT OF
PUBLIC INSTRUCTION

October 30, 2003

Dear School Food Service Director:

The beginning of each school year is always a busy time. We hope you now have time to take a look at the **“Back to School 2003 - 2004”** information we have compiled. Topics covered this year include:

Child Nutrition Web Page	Free/Reduced Meal Application
Reimbursement Rates 2002-2003	Reference Materials
Year End Cost Report	Nutrition Reviews
Commodities	Team Nutrition
Child Nutrition Application Process (CNAP)	Michigan Action for Healthy Kids (MAHK)
Fruit/Vegetable Pilot	Changing the Scene (CTS)/School Health Index (SHI)
Verification	Food Buying Guide Revisions
Directors Workshop	Power of Choice

This year we are providing three (3) different options for obtaining this important information: Power Point, web streaming or video loan. Please choose the method that best suits your needs.

- 1. POWER POINT:** The **“Back to School 2003-2004”** Power Point presentation slides may be viewed and/or downloaded from the following web site: www.michigan.gov/mde Once there, click on *“Programs and Offices”*, then click on *“School Support Services”*, go to *“What’s New”* and click on *“Back to School 2003-04”*.
- 2. WEB STREAMING:** The **“Back to School 2003-2004”** presentation with the above Power Point slides may be viewed from the web at: www.tcombridge.org Once there, click on *“TCOM events”*, then click on *“Events Sponsored by MDE”*, next click on *“Washtenaw ISD”*, then click on *“CNAPfs.movie”*, and now click on *“Streaming”* and enjoy the show! Note: If you are not using an Apple computer, you will be prompted to download Quicktime at the *“Washtenaw ISD”* site. Follow the download instructions and repeat above steps.
- 3. VIDEO LOAN:** You may borrow a copy of the **“Back to School 2003-2004”** videotape by completing and sending the enclosed **Fax Back Order Form**.

If you have any questions after reviewing the **“Back to School 2003-2004”** information, please contact Mary LaRock at (517) 373-3347 and she will direct you to a consultant or program analyst.

Sincerely,

Julie Stark, Interim Director
Office of School Support Services

JS/GZ/ml
Enclosure

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www.michigan.gov/mde • (517) 373-3324

Back to School Workshop 2003-2004

Fax Back Order Form

Yes, I am interested in receiving (1) **“Back To School Workshop 2003-2004”** videotape. I understand that I must return it within 7 days.

Name: _____

School/Facility Name: _____

School/Facility Address: _____

School/Facility Phone No.: _____

E-Mail Address: _____

FAX TO: Mary LaRock, School Meals Program at (517) 373-4022

NUTRIENT ANALYSIS – PROCESSED FOODS

School Year 2003/2004

Product Serving per case/ Serving Size	School Meal Contribution	Food Energy calories	Protein grams	Carbs. grams	Fat grams	Saturated Fat grams	Cholesterol mg	Vitamin A units	Vitamin C mg	Iron mg	Calcium mg	Sodium mg	Fiber grams
<i>Albie's</i>													
EZ Jammers PB & J 72/2.8 oz. each	1 Meat 1.25 Bread	320	12	37	15	2	0	0	0	6%	4%	350	3
EZ Jammers Mozz Stick 72/3 oz. each	1 Meat 2 Bread	240	12	33	6	3.5	15	4%	0	10%	20%	310	2
EZ Jammers Pepperoni Stick 72/3 oz. each	1 Meat 2 Bread	260	12	33	9	4	20	4%	0	10%	20%	420	2
<i>Festida</i>													
Individual Tortilla Pcs. 50/1 bag (2 oz.)	2 Bread	220	4	34	12	1.5	0	0	0	16%	8%	0	6
Tortilla Pieces 32/12 chips	1 Bread	140	2	18	8	1	0	0	0	8%	4%	0	3
<i>General Mills</i>													
Colombo Light 12/8 oz.	2 oz. Meat	120	7	21	0	0	5	0	0	0	35%	110	0
Colombo Classic 12/8 oz.	2 oz. Meat	220	7	42	2	1.5	15	0	0	0	20%	115	0
Yoplait Go-Gurt 96/2.25 oz.	½ oz. Meat	80	2	13	2	1	5	0	0	0	10%	40	0
Yoplait Original 12/6 oz.	1.5 oz. Meat	170	5	33	1.5	1	10	0	0	0	20%	80	0
Yoplait Real Fruit 32/4 oz.	1 oz. Meat	110	4	22	1	.5	5	0	0	0	10%	55	0
Yoplait Trix 32/4 oz.	1 oz. Meat	120	4	23	1.5	1	5	10%	0	0	10%	55	0
<i>Gold Kist</i>													
Chicken Nuggets 174/5 nuggets	2 oz. Meat 1 Bread	234	15	12	14	2	32	98	1	1	3	355	0

Product Serving per case/ Serving Size	School Meal Contribution	Food Energy calories	Protein grams	Carbs. grams	Fat grams	Saturated Fat grams	Cholesterol mg	Vitamin A units	Vitamin C mg	Iron mg	Calcium mg	Sodium mg	Fiber grams
<i>JTM Provisions, Inc.</i>													
Beef Chili w/beans 80/6.01 oz.	2 oz. Meat 1/4 c Vegetable	141	14	11	4	2	16	443	12	3	60	585	5
Drained Beef Spag Sauce 80/6 oz.	2 oz. Meat 1/4 c Vegetable	168	17	10	7	3	28	602	19	3	30	497	2
Drained Beef Taco Filling 136/3.5 oz.	2 oz. Meat 1/8 c Vegetable	122	15	5	5	2	20	974	6	3	40	681	2
Pleva Brkfst Patty, Ckd 225/1.2 oz. Patty	1 oz. Meat	70	6	1	4	1.5	15	19	0	1	14	325	0
Pleva Beef Patty Raw 100/1 patty	2 oz. Meat	174	15	3	12	5	50	25	0	2	8	271	1
Pleva Beef Patty Pre-ckd 140/1 patty	2 oz. Meat	170	14	4	11	4	40	25	0	1	24	260	1
Macaroni & Cheese 60/8 oz.	2 oz. Meat 1.75 Bread	360	20	25	20	13	60	603	1	1	468	1090	0
<i>Litehouse</i>													
BBQ Sauce 4/1 gal/2 T.	No Contribution	40	0	9	0	0	0	2	2	0	0	380	0
Buttermilk Dress Lo-cal 4/1 gal/2 T.	No Contribution	80	0	2	7	1	10	0	0	0	0	170	0
Coleslaw Dressing 4/1 gal/2 T.	No Contribution	120	0	8	9	1.5	5	0	0	0	0	220	0
French Dressing Lo-cal 4/1 gal/2 T.	No Contribution	35	0	6	2	0	0	4	0	0	0	290	0
Frontier French Dressing 4/1 gal/2 T.	No Contribution	130	0	8	11	2	0	2%	2%	0	0	380	0
Golden Italian Dressing 4/gal/2 T.	No Contribution	80	0	3	7	1	0	2	0	0	0	300	0
Golden Ital Dress Lo-cal 4/1 gal/2 T.	No Contribution	70	0	8	4	1	0	0	0	0	0	330	0

Product Serving per case/ Serving Size	School Meal Contribution	Food Energy calories	Protein grams	Carbs. grams	Fat grams	Saturated Fat grams	Cholesterol mg	Vitamin A units	Vitamin C mg	Iron mg	Calcium mg	Sodium mg	Fiber grams
<i>Litehouse (con't.)</i>													
Honey Mustard Dressing 2/1/2 gal/2 T.	No Contribution	70	0	10	3.5	0	5	0	0	0	0	190	0
Ranch Dip 2/1 gal/2 T.	No Contribution	150	0	3	15	2	10	0	0	0	0	230	0
Ranch Dressing 4/1 gal/2 T.	No Contribution	150	0	3	15	2	10	0	0	0	0	230	0
Salad Dressing 4/1 gal/1 T.	No Contribution	70	0	3	6	1	10	0	0	0	0	120	0
Salad Dressing Lo-cal 4/1 gal/1 T.	No Contribution	35	0	3	2	0	5	0	0	0	0	125	0
Taco Sauce 4/1 gal/1 T.	No Contribution	10	0	2	0	0	0	0	6%	2%	0	240	0
<i>Michael Foods</i>													
Cheese Omelet 144/2.1 oz.	2 oz. Meat	134	7	2	11	4	188	437	0	.63	6%	260	0
Diced Eggs 320/1 oz.	1 oz. Meat	45	3	0	3	1	119	10%	0%	6%	4%	40	0
Egg Patty 300/1.5 oz.	1 oz. Meat	70	3	1	6	1.5	110	4%	0	2%	2%	105	0
French Toast Sticks 3/2.6 oz.	1 oz. Meat 1.5 Bread	170	7	27	3.5	1	110	4%	0	20%	10%	100	<1
Scrambled Eggs 368/1 oz.	1 oz. Meat	45	3	1	3	1	118	15%	0%	8%	6%	85	0
<i>Muffin Town</i>													
Blueberry Muffin 96/1 muffin	1 Bread	130	2	22	5	.5	5	0%	2%	2%	4%	170	<1
Cherry Muffin 96/1 muffin	1 Bread	130	2	22	5	.5	5	0	2%	2	4	160	<1
Raisin Spice Muffin 96/1 muffin	1Bread	190	3	34	5	1	20	0	0	6	2%	115	1

Product Serving per case/ Serving Size	School Meal Contribution	Food Energy calories	Protein grams	Carbs. grams	Fat grams	Saturated Fat grams	Cholesterol mg	Vitamin A units	Vitamin C mg	Iron mg	Calcium mg	Sodium mg	Fiber grams
<i>Nardone</i>													
French Bread Pizza 60/1 piece	2 Bread 2 oz. Meat 1/4 c Vegetable	340	23	33	13	6	30	8	20	6	45	670	2
Garlic French Toast 60/1 piece	2 Bread 2 oz. Meat	390	21	32	19	7	30	8	0	8	45	750	2
Pepperoni Pizza 64/1 slice	3 oz. Bread 2 oz. Meat 1/8 c. Vegetable	400	22	46	15	7	40	6	10	15	40	790	1
Pizza Bagel 96/1 bagel	2 Bread 2 oz. Meat 1/8 c. Vegetable	330	21	32	14	7	35	6	10	15	35	830	1
<i>Pierre</i>													
Beef Patty, Cooked 125/1 patty (2.45 oz.)	2 oz. Meat	154	17	2	9	4	41	0	0	1.5	17	250	.6
Breaded Pork Patty 85/3.85 oz.	2 oz. Meat 1 Bread	337	19.7	18.4	.9	7.5	64	49	0	2.20	27.3	582	.66
Pork Rib-B-Q 160/2.4 oz.	2 oz. Meat	153	15	3	9	3	43	84	1	1	22	400	.7
Pork Rib Nibblers 400/2.4 oz.	2 oz. Meat	136	15	3	7	3	37	104	1	1	29	396	1
Pork Sausage Link Ckd 250/1 link (1.2 oz.)	1 oz. Meat	85	8.3	.4	5.3	2	27	9.7	0	.45	10	232	0
<i>Pilgrim Pride</i>													
Chicken Rings 60/3.4 oz./5 rings	2 Meat 1 Bread	265	13	12	18	4	92	0	0	2	17	594	0
<i>Rich Sea Pak</i>													
Breaded Mozzarella Cheese Sticks 87/5 sticks	2 oz. Meat 2.25 Bread	440	20	34	20	9	30	477	0.3	1.9	448	820	1

Product Serving per case/ Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitamin C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Smucker</i>													
Uncrustable Grilled Cheese 72/3.5 oz.	2 oz. Meat 2 Bread	270	18	23	11	6	30	30%	0	8	45%	1020	>1
Uncrustable Soy P B & J Sandwich 72/4 oz.	2 oz. Meat 2 Bread	410	20	51	15	3.5	0	0	0	0	4%	500	3
<i>Tyson</i>													
Breaded Chicken Patty 115/1 patty	2 oz. Meat 1 Bread	270	16	11	18	40	50	2%	0	6%	0	430	1
<i>United Commodity Group</i>													
Blueberry Pie Filling 6/#10/1/3 cup	1/4 cup Fruit	110	0	25	0	0	0	0	1.2	.1	0	0	1
Cherry Pie Filling 6/#10/1/2 cup	3/8 cup Fruit	180	0	41	0	0	0	2	2	0	0	45	0
Flavored Applesauce 96/1/2 cup	1 Fruit	110	0	31	0	0	0	0	2%	0	2%	20	2
G-Force Nutrition Bar 140/2 oz.	1 Bread 1/2 cup Fruit	250	3	34	11	2.5	6	0	0	4%	2%	240	2
Lasagna Roll-Up 60/4.15 oz.	2 oz. Meat/Alternate 1.50 Bread	195	13	16	8	4	118	276	0	1.24	232	179	2
Mini Corn Dog Nuggets 40/6 nuggets	2 oz. Meat 2 Bread	500	16	42	30	6	60	0	0	30%	8%	1,320	0
Orange Juice 48/4 oz. Carton/Cup	1 Fruit	55	0	14	0	0	0	188	63	.2	10	0	0
Turkey Breast Deli Roll 96/3 oz.	2 oz. Meat	90	17	2	2	0	42	0	0	6%	2%	570	0
<i>Wawona</i>													
Strawberry Cups 96/4 oz.	1 Fruit	119	.58	32	.14	.01	0	26	45	.65	12	8	2